

Prime Time News

MOUNTAIN VIEW SENIOR CENTER

January
2013

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Senior Recreation Coordinator
TYLER PHILLIPS

Recreation Coordinator
SARAH FOSTER (acting)

Office Assistant III
ROY DAY

Recreation Specialist
NANCY HUGYIK

Nutrition Program
EARLENE MINNIS
650-964-6586

Evening Building Attendants
ANTHONY CUKAR
BJ HATHAWAY
ANGELIKA IGNAITIS
RICH STEPHENS
ALEJANDRA VALLE

Closed

Tuesday January 1st

Monday January 21st

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

Climate Change

Please join Lisa Magnuson for a special presentation on changing climate and how people can affect it. The Climate Reality Project, founded by former vice president Al Gore, is bringing the facts about the climate crisis into the mainstream and engaging the public in conversation about how to solve it. Sign up for this fascinating workshop today.

Thursday, January 10 at 1:00 p.m.
Social Hall



Setting up Email Accounts

Have holiday thank you notes to write? Email opens up a new way to keep in touch with your friends and family. Learn to create a free and easy email account, or learn more about your existing Gmail account by signing up for this workshop with Monica Lipscomb. Space is limited, and basic computer skills are required.

Wednesday, January 16 at 2:30 p.m.
Technology Room



Hearst Castle: Building the Dream

Join us for the film "Hearst Castle: Building the Dream" followed by a photo presentation of the Mountain View Seasoned Travelers' recent trip to the mighty abode of newspaper magnate William Randolph Hearst.

Thursday, January 24 at 1:00 p.m.
Social Hall



Life and Music of Chopin

Frédéric Chopin is considered one of the greatest composers of the western world. Join Elizabeth Chan for a lively discussion of his life, struggles, and work. Enjoy as she regales you with a live performance of some of his musical compositions on a baby grand piano and see for yourself why we still revere Chopin's music today.

Thursday, January 31 at 1:00 p.m.
Social Hall



WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, CA 94040 (650) 903-6330, www.mountainview.gov

MOVIES, MOVIES, MOVIES!

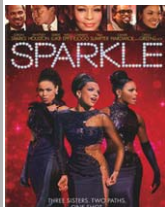
Come to one of our triple showings! **

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



Sparkle

Rated: PG-13

When three Detroit sisters rise to fame as a Motown girl group in the 1960s, their sudden success creates conflict that rips their lives apart. While she deals with her family's issues, the youngest sister, Sparkle, starts to chase her own dreams.

January 2 & January 4

Length: 120 minutes



Hope Springs

Rated: PG-13

Feeling disconnected in her decades-old marriage, Maeve convinces her skeptical husband to attend a marriage therapy week with a celebrated relationship expert -- but now they must shed their inhibitions and learn some new sexual and emotional moves.

January 8, Jan 9 & Jan 11

Length: 100 minutes



Barfi!

Rated: NR

Years after rejecting Barfi, a hearing and speech impaired young man, for a more "appropriate" suitor, Shruti crosses paths with him once again. Now, the tables are turned as he has a girlfriend -- and Shruti finds herself falling for him.

January 15, Jan 16 & Jan 18

Length: 120 minutes



Arbitrage

Rated: R (Language, brief violent images and drug use)

As billionaire Robert Miller struggles to divest his empire before his fraud is brought to light, fate takes a nasty turn. Now desperate and running out of options, Miller turns to an unlikely source for help.

January 22, Jan 23 & Jan 25

Length: 107 minutes



Trouble With The Curve

Rated: PG-13

Slowed by age and failing eyesight, crack baseball scout Gus Lobel takes his grown daughter along as he checks out the final prospect of his career. Along the way, the two renew their bond, and she catches the eye of a young player-turned-scout.

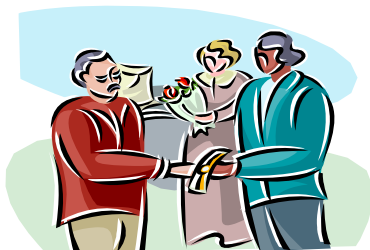
January 29, Jan 30 & Feb 1

Length: 111 minutes

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

The mission of the Mountain View Senior Center is to provide programs that meet individual needs of seniors; create a sense of ownership in the Center; promote personal growth and socialization; and foster feelings of achievement, companionship and well-being. Participants of the Senior Center are encouraged to:

- ♦ Sign-in upon arriving to the facility at either the front or back entrance
- ♦ Participate in social service, educational and recreational programs
- ♦ Socialize with other participants
- ♦ Obtain information and referrals for needed services
- ♦ Voice ideas and concerns regarding programs



Our policies promote healthy, enjoyable and safe use of the Mountain View Senior Center for all participants:

- ♦ Treat others with courtesy and respect
- ♦ Refrain from use of abusive language, inappropriate physical contact or harassment of participants and staff
- ♦ Refrain from the consumption of alcohol on the premises
- ♦ Attend any required program orientations, including specific guidelines for use of facility equipment
- ♦ Follow guidelines for use of facility equipment
- ♦ Follow rules of any programs or classes participant attends

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, January 28th at 2pm.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

B I G B I N G O

-Feeling LUCKY?

Join us on **Monday, January 7** at 1:00 p.m. in the Social Hall.

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

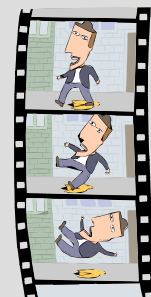
- Old eyeglasses • Magazines • DVDs • Paperback books •



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to two DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!

SENIOR CENTER BOOK CLUB

Meetings are held the second Tuesday of each month **(1/8/2013)** in Multipurpose Room B from 10:30 am – 11:30 am. Up next for discussion will be “Wild: From Lost to Found on the Pacific Crest Trail,” by Cheryl Strayed. February’s book selection is “Timbuktu,” by Paul Auster.



COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month from 2:00 p.m. - 4:00 p.m. Upcoming meetings will be:
January 16, February 15 & March 21.

Living Well with Chronic Conditions

(A Stanford Self-Management Program)

Learn how to self-manage your health in this **FREE** 6 week class on Thursdays from 1:30-4:00pm starting January 17.



A Matter of Balance

(Managing Concerns About Falls)

This **FREE** program emphasizes practical strategies to manage falls. This program is geared for older adults (60+) and includes facilitated discussion of fall prevention and a gentle but effective exercise program. Fridays from 8:45-10:45am starting January 4.



Pre-registration for both of these classes is required. Please sign up in person at the front desk of the Mountain View Senior Center or call 650.903.6330 to register.

VOLUNTEER CORNER

November 2012

Brown Bag	192.00
Lunch Program	255.50
Receptionists	195.00
Social Services	52.00
Teaching	257.25
Total	951.75 hours!!



Lunch at the Senior Center



It's more than just food!

The Mountain View Senior Center Nutrition Program provides well-balanced meals at low cost each weekday, starting at 11:45 a.m. However, mealtimes are not only about feeding your tummy: they are a time to interact with others, make new friends, and catch up with the old. Did you know the nutrition program offers a wide array of special events as well? From dancing on Mondays to



music on Fridays, and celebrations such as holiday meals, Halloween costume contests, and art projects, the Nutrition



Program is good way to feed your emotional wellbeing too. Make a New Year's resolution to stop on by, Monday through Friday, at 11:45 a.m. Sign up around 11:15 a.m. Cost: \$3 ages 60+; \$6 for those under 60. For more information, call 650-964-6586.



Learn About Aging in Place

The second annual free Mountain View Aging in Place conference will be held on Saturday, Feb. 9, from 9 a.m. to 3 p.m. at the Mountain View Senior Center, 266 Escuela Ave. The conference is open to seniors, caregivers, and families of seniors from Mountain View and the surrounding area and will provide a wealth of information on issues related to seniors and aging. Last year's conference attracted over 130 attendees.

The tentative program includes speakers on 'Obamacare' and the new Medicare options, senior-proofing your home, the Gokhale posture method, stroke prevention, memory improvement, improving communication between seniors and their families, and other topics. Lunch will not be provided but a food truck will be available in the parking lot.

In addition, about 30 service and resource providers will have display tables in the halls where attendees can pick up literature and talk to the various representatives.

For further information contact Senior Advisory Committee Member Elna Tymes at elna.tymes@gmail.com or 650-969-6650.

Senior Center Art Show



Do you paint in your spare time?
Write poetry? Take photographs?

Sculpt? Craft? Show off your
creativity in the Senior Center Art
Show! Throughout the month of



March, the Senior Center will feature the work
of our own in the display case. Please fill out
an entry form, available at the front desk, and
submit your original artwork no later than
Tuesday, February 25. Space is limited, so
enter as soon as you can! All
pieces will be returned at the
end of March. Ask for Sarah at
the front desk for more
details, or call 650-903-6330.



CLASS GUIDES ARE HERE.

Plan the first six
months of 2013 by
signing up for a class
at the Senior Center.

MOUNTAIN VIEW SENIOR CENTER

200 ESCUELA AVENUE, MOUNTAIN VIEW, CA 94040 • (510) 903-6330

Senior Center Hours:
M-F: 8:30 a.m. - 9:00 p.m.
Th-F: 8:30 a.m. - 5:00 p.m.
Holidays & Closures:
January 2, 21 & February 18 & May 27.
The Senior Center will be closed, and no classes
will be held on these dates.



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*Fees in this guide are for seniors ages 55+. MVA
classes may be offered to those under 55, which may have a
higher fee. If you are interested in these fees, please contact
MVA or visit the class & speak with the instructor.
Classes offered at the Mountain View Community Center are
located at 201 S. Rengstorff Ave., Mountain View, CA 94040.

INCOME TAX ASSISTANCE APPOINTMENTS:

Tax assistance will be provided by AARP volunteers. We will begin accepting
appointments on Wednesday, January 2, 2013.

Tax appointments will be available 9:00am-12 noon each Tuesday and
Wednesday, beginning Tuesday, February 5, 2013.

What to bring to your appointment:

- ◆ Copy of last year's state & federal income tax returns
- ◆ W2 form (from employer)
- ◆ 1099-INT (regarding interest income)
- ◆ 1099-DIV (regarding dividends income)
- ◆ 1099-R (retirement and IRA income)
- ◆ SSA-1099 from social security
- ◆ 1099-B (for sale of stock) **plus original cost and date of purchase info.**
- ◆ Any other 1099 Forms received
- ◆ If deductions are claimed, bring information to support
- ◆ Name and address of landlord to receive state renter's credit
- ◆ Property tax bill paid 2012

Call **650.903.6330** to make an appointment and to ask clarifying questions.



CSA Information and Referral Day:

Housing

Come join Community Services Agency's Senior Case Managers to learn about **local housing options and how to apply for low-income housing**. From 10:00 a.m. – 11:00 a.m., Senior Case Managers will be available to answer your questions. **APPOINTMENTS REQUIRED** – Make an appointment in person at the Senior Center Front Desk or call 650-903-6330.

Date: Tuesday, January 15, 2013

Where: Senior Center Counseling Room

MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

Senior discount passes may be purchased at your local Walgreens store, online at clippercard.com, or by phone at 877-878-8883. If you do not have a Clipper card and want to have one, dress nice and have your photograph taken for a new Clipper card at the Senior Center, Thursday February 7, 10:00am-10:30 am.

AARP DRIVER SAFETY

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for **February 19 and 26, 2013 from 5:00 p.m. to 9:00 p.m.** at the Senior Center. The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members.

REFRESHER COURSE -

Tuesday, April 2, 2013 from 4:30 p.m. to 9 p.m. The fee for the refresher driving instruction session is \$12 for AARP members and \$14 for non-members. To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. Cash cannot be accepted. For insurance benefits, contact your insurance carrier.

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.

Appointments are necessary, unless otherwise noted.
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES



ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**1/23/13**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGGLASS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday of January (1/8/13 & 1/22/13).**



HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday of January (1/14/13 & 1/22/13).**



NOTARY SERVICE - Offered the **first Thursday (1/3/13)** of each month. Appointments available from 8:30 - 10:30 a.m.



SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **2nd and 3rd Tuesday of the month (1/8/13 & 1/15/13)** from **10:00 a.m. to 12:30 p.m.** Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Suggested donation for ages 60+ is \$3.00 & guests under 60 is \$6.00. Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. More information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



MOUNTAIN VIEW SEASONED TRAVELERS

For travel information, registration and payment:
Monday - Friday at the front desk, 12:00 p.m. - 4:30 p.m. and Thursday at the travel desk in the Social Hall lobby, 9:00 a.m. - 11:45 a.m.



Travel registration is moving to the afternoons. You can register for travel at the Front Desk between 12pm and 4:30pm daily. A Kanen Tours representative will be available for registration on Thursday mornings in the Social Hall Lobby between 10:00am and 11:45am. Happy Trails.



Thunder Valley Casino

Lincoln, CA

WHEN: Wednesday, January 9, 2013

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.



Black Oak Casino

Tuolumne, CA

WHEN: Tuesday, February 5, 2013

COST: \$28 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.



Cache Creek Casino

Brooks, CA

WHEN: Thursday, March 7, 2013

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.



Red Hawk Casino

Shingle Springs, CA

WHEN: Tuesday, April 9, 2013

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Community Center

RETURN: Approximately 5:30 p.m.



Santa Clara Crime Lab & Original Joe's Luncheon

When: February 12, 2013

Cost: \$80 per person

The Santa Clara County District Attorney's Crime Laboratory is a nationally accredited forensic laboratory servicing all criminal justice agencies in Santa Clara County. Take a virtual tour of the lab, then go for a hosted lunch at Original Joe's, a fixture of San Jose.

DEPART: 9:15 a.m. from Mountain View Community Center

RETURN: Approximately 3:00 p.m.



A DAY AT THE RACES

WHEN: Sunday, March 17, 2013

COST: \$80.00 per person

Join us for a day at the beautiful Golden Gate Fields. We'll see the best jockeys in the nation as they ride big beautiful horses that fly around the track. Lots of color and excitement, particularly if the one you've bet on is in the lead. Also included is a Buffet Lunch at the Turf Club.

DEPART: 10:30 a.m. from Mountain View Community Center

RETURN: Approximately 6:00 p.m.



ANHEUSER-BUSCH FACTORY, FENTON'S ICE CREAMERY, AND JELLY BELLY FACTORY

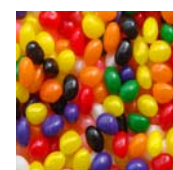
WHEN: Tuesday, May 21, 2013

COST: \$87.00 per person









Visit the Anheuser-Busch factory for a guided tour...learn what makes Budweiser the KING OF BEERS! We'll taste exotic brews that aren't available in local stores. Next we'll enjoy a hosted lunch at Fenton's Creamery, with a choice of entrée (and all items are served with golden french fries!), a fountain drink, and a sundae for dessert. After lunch we'll visit the Jelly Belly factory where you'll smell the aroma of chocolate, peach, cinnamon, pineapple, or whatever is being cooked up that day.


DEPART: 8:15 a.m. from Mountain View Community Center

RETURN: Approximately 5:30 p.m.



TRAVEL

Monday	Tuesday	Wednesday
	<p>1 CLOSED</p> 	<p>2</p> <p>10:30 Line Dancing, Social Hall</p> <p>11:45 Lunch Beef stew w/carrots, peas, onions, celery and potatoes, roll, coleslaw, fruit</p> <p>12:45 Bingo, Social Hall</p> <p>5:30 Movie: Sparkle</p> 
<p>7</p> <p>10:45 Dancing, Social Hall</p> <p>11:45 Lunch Spaghetti w/ meatball, garlic bread, Italian veggies, green salad, fruit</p> <p>1:00 Big Bingo</p> 	<p>8</p> <p>9:10 Eyeglass Repair</p> <p>10:00 SALA Appointments</p> <p>10:30 Book Club - "Wild"</p> <p>11:45 Lunch Ron's special chicken, whole grain bread, mixed veggies, sliced tomato & bell pepper salad, fruit</p> <p>1:00 Movie: Hope Springs</p> <p>4:00 Wii Bowling</p>	<p>9</p> <p>10:30 Line Dancing, Social Hall</p> <p>11:45 Lunch Chop Suey(pork) w/ bok choy, onions, celery and bean sprouts, brown rice, cabbage salad w/crispy noodles, fruit</p> <p>12:45 Bingo, Social Hall</p> <p>5:30 Movie: Hope Springs</p>
<p>14</p> <p>8:30 HICAP</p> <p>10:45 Dancing, Social Hall</p> <p>11:45 Lunch Chicken pot pie w/ mixed veggies, salad w/ broccoli, fruit</p> 	<p>15</p> <p>10:00 CSA Information and Referral</p> <p>10:00 SALA Appointments</p> <p>11:45 Lunch Meat loaf, whole grain bread, mixed veggies, mashed potatoes, fruit</p> <p>1:00 Movie: Barfi!</p> <p>4:00 Wii Bowling</p>	<p>16</p> <p>10:30 Line Dancing, Social Hall</p> <p>11:45 Lunch Baked breaded fish, brown rice, peas & pearl onions, carrot raisin salad, fruit</p> <p>12:45 Bingo, Social Hall</p> <p>2:00 Senior Advisory Committee</p> <p>2:30 Workshop: Setting Up Email Accounts</p> <p>3:30 Movie: Barfi!</p>
<p>21</p> <p>CLOSED</p> 	<p>22</p> <p>9:10 Eyeglass Repair</p> <p>11:45 Lunch Chicken fajitas w/ bell peppers, mushrooms, tomatoes & onions, green salad, apricot crisp</p> <p>1:00 Movie: Arbitrage</p> <p>1:00 HICAP</p> <p>4:00 Wii Bowling</p>	<p>23</p> <p>10:30 Line Dancing, Social Hall</p> <p>11:45 Lunch Vegetarian split pea soup, whole grain bread, broccoli, cauliflower, carrots, baked potato, green salad w/ egg, fruit</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, Social Hall</p> <p>3:30 Movie: Arbitrage</p> 
<p>28</p> <p>10:45 Dancing, Social Hall</p> <p>11:45 Lunch Baked salmon stuffed w/crab, whole grain couscous w/ onions, green bell peppers & mushrooms, string beans, broccoli raisin salad, fruit</p> <p>2:00 Newcomer's Group</p> 	<p>29</p> <p>11:45 Lunch Vegetarian chili bean soup, cornbread, California blend veggies, cabbage w/ egg, gelatin w/ fruit</p> <p>1:00 Movie: Trouble With The Curve</p> <p>4:00 Wii Bowling</p> 	<p>30</p> <p>10:30 Line Dancing, Social Hall</p> <p>11:45 Lunch Teriyaki chicken, brown rice, Japanese blend veggies, green salad, fruit</p> <p>12:45 Bingo, Social Hall</p> <p>3:30 Movie: Trouble With The Curve</p>

Thursday		Friday		<div>Baked Ham and Cheese Party Sandwiches</div> <div>Ingredients:</div> <div>¾ cup melted butter</div> <div>1 ½ tablespoons Dijon mustard</div> <div>1 ½ teaspoons Worcestershire sauce</div> <div>1 ½ tablespoons poppy seeds</div> <div>1 tablespoon dried minced onion</div> <div>24 mini sandwich rolls</div> <div>1 pound thinly sliced cooked deli ham</div> <div>1 pound thinly sliced Swiss cheese</div> <div>Directions:</div> <div>Preheat oven to 350degrees F. Grease a 9X13 inch baking dish. In a bowl, mix together butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion. Separate the tops from bottoms of the rolls, and place the bottom pieces into the prepared baking dish. Layer about half the ham onto the rolls. Arrange the Swiss cheese over the ham, and top with remaining ham slices in a layer. Place the tops of the rolls onto the sandwiches. Pour the mustard mixture evenly over the rolls. Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve.</div> <div>HAPPY NEW YEAR!</div> <div>NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$6.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign-in time: 11:15 a.m. First come, first served.</div> <div> = Meal contains more than 1000mg sodium</div>
3	8:30 Notary 10:30 Bookmobile 11:45 Lunch Boneless pork chop w/ mushroom sauce, whole grain bread, California blend veggies, baked potato, fruit	4	10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Oven baked chicken, brown rice, broccoli & carrots, green salad, fruit 1:00 Movie: Sparkle	
10	10:30 Bookmobile 11:45 Lunch Chicken rice soup w/veggies, dinner roll, salad w/ red cabbage & tomatoes, fruit 1:00 Workshop: Climate Change	11	10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Chef's choice fish, brown rice, peas & pearl onions, salad w/ broccoli, fruit 1:00 Movie: Hope Springs	
17	10:30 Bookmobile 11:45 Lunch Lasagna, corn w/ red bell peppers, coleslaw, fruit	18	10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Boneless breaded pork chop, whole grain bread, 5 way blend veggies, brown rice, green salad and fruit CELEBRATE BIRTHDAYS! 1:00 Movie: Barfi!	
24	10:30 Bookmobile 11:45 Lunch Chicken enchilada w/green sauce, Spanish brown rice, corn, green salad, fruit	25	10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Linguine w/ tuna, pasta, spinach & red bell peppers, salad, fruit 1:00 Movie: Arbitrage	
31	10:30 Bookmobile 11:45 Lunch Hot turkey sandwich w/ gravy, cranberry sauce, whole grain bread, green beans & carrots, fruit 1:00 Workshop: Life and Music of Chopin			

HAPPY NEW YEAR EVERYONE! 2013 is shaping up to be a great year. Let's take a moment to look back at 2012: Can you guess which twelve events at the Senior Center are represented by the pictures below?

BACK PAGE



3. Fashion Show - Aug 24
6. Double Feature Week
9. Resource Fair - Sept 27
12. Holiday Gala - Dec 12

2. Health and Wellness Day - Aug 11
5. A Day at the Races - April 12
8. Summer Picnic - July 10
11. Game Day - June 5

1. Talent Show - Mar 15
4. Holiday Bazaar - Nov 17
7. Halloween - Oct 31
10. Spring Hat Day - April 13